

Keto Raspberry Chia Pudding

Hands-on 5 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 12 g, Fiber: 7.7 g, **Net carbs: 4.2 g**,

Protein: 5.5 g, Fat: 18.2 g, Calories: 223 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

1 cup coconut milk (240 ml/ 8 fl oz)

1/2 cup water (120 ml/ 4 fl oz)

1 cup fresh or frozen raspberries (150 g/ 5.3 oz)

1/2 cup whole chia seeds (76 g/ 2.7 oz)

1 tsp vanilla powder or 2-3 tsp unsweetened vanilla extract

Optional: Erythritol, Swerve or Stevia to taste (SweetLeaf or NuNaturals)

Instructions

1. Place the coconut milk, water and raspberries into a blender and pulse until blended. Reserve a few raspberries for topping. The best coconut milk I've tried is Aroy-D. It contains no guar gum and has no aftertaste, it's only made with Thai coconut and water. Unlike most canned coconut milk products it does not solidify in the fridge and is perfect for making chia seed pudding without making it too thick.
2. Mix the chia seeds, raspberry milk, vanilla and optionally add sweetener.
3. Let it sit for at least 25-30 minutes, ideally overnight in the fridge. Then, spoon into serving glasses.
4. Serve with the reserved raspberries and store in the fridge for up to 3 days.

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